



# Sir Thomas Fremantle School

## Lunch Menu – week 1

### *Monday:*

**Beef (or vegetable) chilli  
with rice & sweetcorn**

### *Tuesday:*

**Pork (or meat-free) sausages  
with mashed potato, mixed veg & gravy**

### *Wednesday:*

**Hunter's Chicken or veggie fingers/vegeburger  
with wedges & peas**

### *Thursday:*

**Steak pie or Quorn Kiev fillets/wraps  
with new potatoes & California veg**

### *Friday:*

**Breaded cod or Quorn nuggets/risotto  
with diced herb potatoes, beans/peas**

***Available daily: salad bar, jacket potatoes with  
beans, cheese or tuna mayo fillings.***